

Experiences Related to Problem Solving

This information was reported to Monroe Products and The Monroe Institute by individuals and/or by professional practitioners about the use of Hemi-Sync® in the late 1990s.

The *Think Fast* function works more subtly than some of the other H+ functions. Using it is like giving extra spin to a wheel that is already spinning. I notice that I think now in a more organized way.

Only 10 days after experiencing *Focus 10 (Gateway)* for the first time I notice improved thought retention and a longer attention span, better logic and problem-solving ability, and better dexterity and eye-hand coordination. When I'm working on something, the job is done more easily without much conscious effort on my part. My mind and body seem to be more coordinated. I guess that's what hemispheric synchronization does.

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